



Be Transformed!

Baddha Konasana (Butterfly Pose)

Sundari Jensen

*Do not be conformed to this world,
but be transformed by the renewing of your mind.*

—Romans 12:2

In the Hopi tradition, the butterfly is seen as the embodiment of spiritual growth and transcendence because of its transformation from caterpillar to butterfly. This transformation is a demonstration of complete surrender as its journey requires that it set aside everything once known in order to embrace an entirely new way of being. The spiritual path requires the same metamorphosis of us—letting go of the past so we can transform our life as we journey toward Self- and God-realization. As we awaken spiritually, we are able to spread our wings and fly just as a butterfly does.

The spring sunshine that brings us the exquisite beauty of colorful butterflies flitting from one blossom to the next can also overheat us, stressing our body. Butterfly Pose can relieve tension as it releases the upper and inner thighs. Enjoy the cooling feeling of turning your thoughts inward in this pose.

baddha = bound

kona = angle

asana = pose

BENEFITS

- Stretches thighs, groin, hips, and lower back
- Helps digestive and elimination process
- Removes fatigue from long hours of standing and walking
- Offers relief from menstrual discomfort and menopause symptoms

To Practice Baddha Konasana (Butterfly Pose)

1. Sit with your feet together, letting your knees open to the sides. Ground your sitting bones into the earth while you simultaneously lengthen through the spine and torso.
2. Press your heels together to activate your legs, and open the balls of your feet with your hands, like opening a book. This helps protect the knees.
3. Keep pressing your heels together as you extend your thighs horizontally to the right and left, releasing your knees closer to the floor.
4. Moving from the base of your spine, lift through your core, engaging Mula Bandha, or the root energy lock and muscles of the pelvic floor.
5. Keep your face relaxed. Inhale to find more length, and exhale to ground down and maintain your connection to the earth.
6. If you want to go deeper, exhale to bend forward from your hips, maintaining the extension in your spine.
7. Hold either variation for several deep breaths. If you are folded, inhale to come up. Exhale to release the pose. 🦋

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Note: Always use your best judgment about which practices are useful for your unique situation. Consult with your physician if needed. Study with a hatha yoga instructor for more detailed practices.

